YOUR SUPPLEMENT PLAN

Following is a list of supplements specifically suited to your particular body chemistry based on your NUTRI-SPEC Metabolic Testing.

- Any supplements marked with an "*" are part of your Electrolyte Tonic. Mix them in a water bottle or thermos with _____ ounces of water first thing in the morning, and drink half before breakfast. Drink the other half before your second and/or third meals, or anytime you are thirsty. Shake well before each drink.

- Your supplements are FOOD. They are perishable. Keep them in your refrigerator. Many people find it convenient to dedicate one shelf on their refrigerator door to storing supplements.

Supplement	Directions

NUTRI-SPEC

METABOLIC BALANCE THROUGH SPECIFIC NUTRITION

NUTRI - SPEC
METABOLIC BALANCE TESTING

Report of Findings for_____ Date _____

Your NUTRI-SPEC TESTING shows that you have the following Imbalances in your metabolism which are preventing you from being as healthy and strong as you could be:

_____ Electrolyte Insufficiency Imbalance

_____ Electrolyte Stress Imbalance

_____ Anaerobic Imbalance

_____ Dysaerobic Imbalance

_____ Glucogenic Imbalance

_____ Ketogenic Imbalance

_____ Sympathetic Imbalance

_____ Parasympathetic Imbalance

_____ Acid Imbalance

_____ Alkaline Imbalance

_____ Prostaglandin Imbalance

_____ Your Imbalances are not clearly evident in your test results. However, our analysis indicates the need for you to be retested after following the recommendations below for _____weeks.

Your health goals cannot be achieved as long as your Metabolic Imbalances go uncorrected. The NUTRI-SPEC plan offered below will have a balancing effect on your metabolism. The resulting increase in your Adaptative Capacity will make you stronger and healthier, helping you to rise above the physical and mental challenges you must face each day.

Knowing the Imbalances in your body's metabolism will allow you to follow an eating plan and a nutrition supplement plan specifically designed for your particular needs.

FOLLOW-UP TESTING

You will need your first follow-up testing within a week. This is to assure:

1. …that you are responding favorably to your eating plan and supplement plan. Within less than a week's time your Metabolic Imbalances should begin to show some improvement. If they do not, the quantity of supplements may need to be temporarily increased.

2. …that you have not over-corrected. It often happens that a person's Metabolic Imbalances respond very quickly to the high biological activity of NUTRI-SPEC supplements. In that case, it will already be time to decrease the quantity of supplements you are taking.

3. …that you have no additional Metabolic Imbalances that were not apparent on your first testing.

Thereafter, you will need follow-up testing at whatever frequency your Doctor determines by your response to your eating plan and supplement plan. As you progress with NUTRI-SPEC, the Metabolic Imbalances found on your first testing may respond very well. They may even be totally corrected. As these disappear, however, other Imbalances may become apparent, necessitating some change in your eating plan and your supplement plan.

Your nutrition needs are certain to change over time. NUTRI-SPEC testing will be there to serve you in times of increased stress. You will always have objective, scientific tests to guide you and your Doctor in the very best eating plan and the very best supplements for your particular body chemistry.

YOUR EATING PLAN

1. You **must** eat 3 good meals daily. (That's 21 good meals per week.)

2. Each of your 21 meals each week **must** include at least one of the following foods: meat, fish, poultry, eggs, cheese, or cottage cheese.

3. Each of your 21 meals each week **must** include at least _____ ounces of meat, fish, poultry, cheese or the equivalent in eggs or cottage cheese. (Count 2 eggs as equal to 3 ounces; count 3/4 cup of cottage cheese as 3 ounces.)

[Note: This is not a "high protein diet." If you are like many people you already eat this much protein during a day, but you eat it mostly in 1 or 2 meals instead of spreading it out evenly over 3 meals.]

4. Just as important as the amount of protein at each meal is the proportion of protein and fat to carbohydrate. Many people experience fatigue and/or inflammatory pain from high carb meals. Years of eating too many carbs and sugars can lead to cardiovascular disease, obesity, and diabetes. Based on your NUTRI-SPEC testing, your carbohydrate intake should be:

   _____ extremely low _____ moderate
   _____ low _____ not restricted as long as sugars are avoided

5. There are very few of your favorite foods that need to be completely avoided on your eating plan. If (on a special occasion) you want to indulge in a high sugar dessert, you simply need to limit your other carbohydrates at that particular meal. For example, if you are going to have a piece of birthday cake, then you would not eat potatoes, pasta, corn, or bread at that meal.

6. In the unlikely event that you find yourself consistently hungry after eating meals with your proper protein and saturated fat content, and with proper proportion of protein and fat to carbohydrate, then you are simply not eating enough meat, fish, poultry, eggs, or cheese. You have two choices:

   a. Eat larger portions at each meal, maintaining your same ratio of protein and fat to carbohydrate. In other words, for every additional ounce of protein and fat food add the proportional amount of carbohydrate food.

   b. Your second choice is especially appropriate only if you are overweight or suffer from fatigue. You will increase the amount of meat, fish, poultry, eggs, or cheese at each meal, but with no increase in carbs.

   Almost always, hunger between meals means you simply did not eat enough meat, fish, poultry, eggs, or cheese at your last meal.

7. The enclosed card, **EAT WELL — BE WELL** gives you all the other essentials of your life-long eating plan.

8. Based on your particular Metabolic Imbalances, there are a few foods that are particularly good for you, as well as those that would have the most immediate and severely damaging effect on your health. (These foods are explained in greater detail in the Imbalance Description Sheet(s) accompanying this report.) These more specific food recommendations will need to be followed only for as long as NUTRI-SPEC analysis continues to show you have the Metabolic Imabalance for which they apply. Typically, Metabolic Imbalances are brought under control in 3 to 8 weeks.